

How To Get Help

Program	Type of Help	What You Can Receive	Who Qualifies Households who meet program's definition of low income	Where to Call	Other Notes
Low Income Home Energy Assistance Program (LIHEAP)	Heat	\$470 voucher for heat once per winter	150% of the poverty guidelines 170% if elderly or have child under 2	Penquis CAP 973-3630 WHCA 546-7544 664-2424 1-800-828-7544 between 8-12 noon	Available from October 1-April 30
Municipal General Assistance	Heat, food, rent/mortgage payment	Vouchers to pay for basic needs	Income eligible town residents	Your town office	
Heating Oil Assistance	Heat	100 gallons of home heating oil	200% of the Maine Poverty level	Mainers Helping Mainers 990-1773	This is a new program beginning this year.
Emergency Crisis Intervention Program	Heat	\$300 maximum benefit per year	150% of the poverty guidelines 170% if elderly or have child under 2	Penquis CAP 973-3630 WHCA 546-7544 664-2424 1-800-828-7544 between 8-12 noon	Funds are limited and made available each month November-March
Good Neighbor Fund	Heat	Depends on funds raised	Up to 200% of poverty guideline	Penquis CAP 973-3630 WHCA 546-7544	
Low Income Assistance Program (LIAP)	Electricity	Discount on electric	150% of the poverty guidelines 170% if elderly or have child under 2	Penquis CAP 973-3630 WHCA 546-7544 664-2424 1-800-828-7544	Doesn't stop disconnection
Heating assistance	Heat	50-100 gallons	Greater Bangor residents	Call Bill Rae at Manna 990-2870	Agency also provides food, medical care, soup kitchen, and more
Various heat assistance	Heat	Vouchers to pay for heating oil	Varies by program	Call 1-800-204-2803 or go to infoLine at unitedwayem.org	Ask for fuel assistance programs in your community.

The programs outlined in this brochure may be able to assist you in paying your utility bills. If you are behind in your utility payments, it is important to first try to make payment arrangements with your utility provider.

Keep in mind that all of the programs listed here have eligibility requirements, which means that you may not qualify for every program. In addition, most of these programs are designed to meet emergency needs, not to pay your bills on a regular basis.

To receive other types of information such as where to get food, clothing or help finding a job, call infoLine at 1-800-204-2803 or go to www.unitedwayem.org.

You may also want to consider programs that offer home repairs and upgrades to help you use less energy and reduce your monthly bill. Call Penquis CAP or WHCA for more information.

Be Smart, Warm and Safe this Winter

Go to the bundlemeup.org web site for other valuable energy assistance information and for resources. It provides you with some basic energy conservation and safety tips and contains links to many other energy related sites.

Want to Help?

Give to the Keep ME Warm Fund. The Keep Me Warm Fund will supplement the Low Income Home Energy Assistance Program and provide emergency fuel assistance to Maine people who lack resources to afford their heating fuel. call 1-800 698-4959. go to www.mainecommunityaction.org , or send a check to Keep ME Warm Fund 510 Cumberland Ave. Portland ME 04101.



United Way of Eastern Maine

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**Don't be Left
Out in the Cold.**

**Utility Assistance
is Available.**



United Way of Eastern Maine